

teachers and students, cultivating positive personality traits of students, and establishing positive organisational systems, so as to lay a solid foundation for improving the quality of information technology teaching reform in universities. The aim is to lay a more solid foundation for the improvement of the quality of information technology teaching reform in universities, so that each university in China can effectively achieve the goal of cultivating talents with a sense of autonomy, innovation and positive personality traits in the process of reform.

**Subjects and methods:** In this paper, we focus on the various aspects of positive psychology theory, the reform of information technology teaching in universities, the problems of the reform, and the strategies for optimising the quality of the reform based on positive psychology.

In the course of the study, various research methods, such as data collection and conceptual analysis, were used in order to obtain a more comprehensive and systematic understanding of the subject matter and to ensure that the strategies proposed for optimising the existing problems are of real value.

**Result:** The study of this paper resulted in three optimisation strategies, based on the perspective of positive psychology, which are expected to provide worthy reference for the current reform of information technology teaching in Chinese universities. These three strategies are: firstly, to emphasise the concept of human-centredness and to put more emphasis on the cultivation of positive emotional experiences of teachers and students; secondly, to emphasise the establishment of positive personality traits as the core of the work; and thirdly, to emphasise the establishment of positive organisational systems as a guarantee that universities should take a deeper look at the concept and orientation of information-based teaching. The second is the establishment of positive personality traits as the core of the work to be carried out.

**Conclusions:** In conclusion, positive psychology, as a relatively new psychological research content, can play a very positive role when applied to the current stage of informatization education and teaching reform in China's colleges and universities. Although there are still some problems in this work carried out by colleges and universities, as long as colleges and universities can truly grasp the core of positive psychology and informatization teaching, the high quality of informatization teaching reform can be achieved in the near future.

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## CREATION OF PSYCHOLOGICAL HEALTH MUTUAL HELP PLATFORM FOR STUDENTS BASED ON COMPUTER NETWORK TECHNOLOGY

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**Background:** According to statistics, as of December 2020, the scale of Internet users in China has reached 989 million, while students occupy more than twenty percent. In the current social context, the improvement of the level of network computer technology has also played a very critical impact on the development of students, especially in terms of their physical and mental health. In recent years, with the further development of education in China, the number of students in schools has been increasing, and Internet technology has become an important part of students' daily life. In the face of the new requirements for student mental health education in the new era, schools should use the Internet as a carrier to build a corresponding psychological support platform, taking into account the laws and characteristics of students' psychological development, so as to better meet the needs of the social context of the information age on the one hand, and to ensure that "helping people help themselves and growing up with mutual help" on the other. On the other hand, it can also ensure the full implementation of the principle of "helping people to help themselves and grow up", and provide guarantee for the provision of mental health services for students. In addition, the construction of a network platform for student psychological support can also better raise students' awareness of participation and lay the foundation for the stable promotion of subsequent work.

**Objective:** The popularity of computer networks in today's society has increased significantly, and the impact on people's mental health is intensifying. In order to further enhance the development of online mental health education, it is necessary to complete the creation of a student psychological support platform based on computer network technology, and to provide psychological help and psychological education for the target population by playing a fundamental role in the network platform. In the actual implementation of the creation of the student psychological support platform, the development goal should be to diversify the methods, enrich the content, innovate the educational means and virtualise the

educational relationship. Compared to traditional mental health education, the development of online mental health education should not only apply more advanced network information means, but also need to further expand and extend the traditional mental health education to ensure that The new development trend of mental health education is that more advanced mental health education models and educational concepts can be implemented in all educational aspects. In general, the creation of a student psychological support platform should be based on the theory and reality of student psychological support, with the goal of serving the psychological needs of students on the Internet and playing the role of online psychological support, to maximise the feasibility of constructing a student psychological support network platform, to fully realise the organic combination of student psychological health education and school education and teaching reform, and to further cultivate more people for socialist construction by improving moral education and the overall level of education in schools. The aim is to further cultivate more physically and mentally healthy high-quality talents for socialist construction.

**Subjects and methods:** To promote the creation of a student psychological support platform based on computer network technology is a new trend in the development of online psychological education, and in terms of current research on student mental health, it is necessary to establish a student online psychological support platform. This will ensure that the platform can fully meet the requirements of self-help and mutual help in terms of mental health, and lay the foundation for the systematic and scientific development of mental health education. The research process of this paper includes the current situation of the development of computer network technology, the psychological changes of contemporary students in the context of the Internet, and professional guidance to help students adjust their psychological state, so as to give students timely psychological guidance and help, and guide them to continuously improve their psychological tolerance. In addition, further research is needed on the opening of online psychological classes for students, and through online psychological classes, student psychological societies and other organisations, the channels of psychological counselling on campus are constantly expanded, thus improving the construction of a model of psychological support education for students in the online environment. The research method of this paper mainly includes the following aspects: first, literature research method. By reviewing the literature and books related to computer network technology, students' psychological education and network psychological education, we will have an overall grasp of the knowledge and theories to be understood, and thus lay a solid theoretical foundation for the writing of the paper. Secondly, the comparative approach. In the process of collecting information, the literature is collated, analysed and summarised, while comparing the differences between Chinese and Western research on the creation of a psychological support platform for students based on computer network technology, starting from the application of computer network technology in students' psychological education, summarising its advantages and the role it plays, and clarifying the entry point and innovation point of the thesis. Third, the method of combining analysis and synthesis. When summarising the literature, it is necessary to summarise, analyse and synthesise the views of different scholars, taking analysis as the basis and synthesis as the premise, combining the application of the creation of a psychological mutual help platform for students based on computer network technology and the current state of research, and finally arriving at a complete research framework.

**Result:** After systematic research, the creation of a student psychological support platform based on computer network technology is finally realised, ensuring that the content and links of the platform's purpose, platform principles, platform functions, platform institutional settings, platform personnel composition and platform technical support can be effectively implemented. The construction of a psychological health support platform for students needs to be considered in a holistic manner. With the support of computer network technology, the time and space limitations of traditional psychological education can be further broken, and on the computer network platform, students can not only obtain a richer and more diversified knowledge of mental health, but also effectively access some extra-curricular learning materials and resources. In terms of the practical application of the school psychological support education platform, it can take into account the diverse functional and non-functional needs of students, which is a good way to expand and innovate the traditional mental health education. The platform is independent, diversified, open and fun, and students are able to protect their privacy when seeking help from the platform, thus allowing them to safely participate in learning about mental health and discussing psychological issues. The functionality of the computer network technology-based student psychological support platform is mainly reflected in the following aspects: firstly, it gives full play to the main role of students, encouraging them to carry out psychological support activities and successfully solve psychological problems in mutual help and respect; secondly, it breaks time and space constraints, effectively prevents the emergence of psychological problems, provides a new way for students to seek help through psychological support education and expands their channels of seeking help; thirdly, it

realises the full integration of In addition to giving full play to the role of the network psychological mutual aid platform, it can also guide the family, community, school, society and other diversified forces into the psychological mutual aid system to ensure that students can provide more comprehensive help; fourth is to develop students' potential for mutual aid through psychological mutual aid training, guiding students to cultivate the virtue of helping each other in the process of receiving psychological education Fourthly, through psychological support training, students can develop their potential to help each other and develop the virtue of helping each other in the process of receiving psychological education. With the implementation and application of the student psychological support network platform, the school has placed increasing emphasis on the development of this project, while establishing a collaborative system with local mental health centres and psychological counselling clinics, which has yielded very good results. Since its implementation, the project has attracted more and more students and teachers to participate in it, making it possible to implement a practical educational model for students' common psychological problems and demonstrating its feasibility and application value. Moreover, the combination of computer network technology and a psychological support platform for students is an innovative way of thinking and form, which is also well suited to the needs of student development and school education management, and has good prospects for application. In the future development process, schools should further integrate the creation of student psychological support platform into the key projects of education and teaching reform research, increase the publicity, improve the service function, and further achieve its application efficiency.

**Conclusion:** In summary, the creation of a student psychological support platform based on computer network technology meets the requirements of student mental health education in the new era, and enhances the appeal to teachers and students by giving full play to the interactive advantages of computer network technology. With the support of the psychological support platform and related technologies, students can change from traditional passive acceptance to active participation in mental health education, maximising their active participation and helping to enhance the psychological quality of university students, as well as promoting the realisation of the school's educational goals. It is worth noting that the creation of a network platform for student psychological support can also play a role in enhancing the effectiveness, expanding the coverage and increasing the influence of mental health education, ensuring that network technology can be used to provide modern means for mental health education work. As the level of network technology continues to improve. The frequency and scale of the use of the internet within schools is also increasing, and students' enthusiasm for participating in internet applications has increased significantly, especially in the context of the implementation of the principle of "helping people help themselves and growing up with mutual help". This not only reflects the concept of humane education, but is also in line with the social context of the information age. In addition, the psychological support network platform for students' online psychological support education reflects a strong diversity and flexibility, which is conducive to timely understanding of students' psychological dynamics, early help and solutions to students' psychological problems, and better ensure the physical and mental health of students. The psychological support network platform is designed to guide more students to participate in the mutual help, establish a very close connection between the helper and the recipient, improve their own practical skills while helping others, lay the foundation for promoting the comprehensive development of students, and further promote the sustainable development of computer network-based psychological support education for students.

## THE OPERATION MECHANISM OF THE ORGANIC INTEGRATION OF MENTAL HEALTH EDUCATION INTO THE IDEOLOGICAL AND MORAL CONSTRUCTION OF CONTEMPORARY COLLEGE STUDENTS

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**Background:** With the development and progress of my country's education system in recent years, colleges and universities have gradually developed further in ideological and political education, but there are still certain problems in the construction of students' mental health education teacher team and campus safety network construction, such as: traditional and The chaotic ideas of innovation, complex rules and regulations, a large number of conflicting interests, and inaccurate positioning of departmental responsibilities, these problems can no longer meet the requirements of current ideological and political education in colleges and universities. The development goals of college students' ideological and political education and mental health education are relatively consistent to a certain extent, and most of them are